

**HAPPY
NEW
YEAR**

January 2014
Starport
Newsletter

STARPORT
NASA EXCHANGE - JSC

<http://starport.jsc.nasa.gov/>



Time to Renew Your Fitness Membership

Happy New Year from all of us at Starport! With the new year comes renewals for Fitness Memberships at the Gilruth Center. As a **Starport Partner**, you are eligible to receive access to our state-of-the-art strength and cardio center, basketball gym, and group fitness classes at no cost. Current memberships will expire at the end of January, so don't be left with an expired badge or trying to renew at the last minute.

JSC Wellness HERO Incentive Program

HERO (Health Enhancement Rewards Operation) is Starport's new annual wellness incentive campaign designed to raise health awareness and get employees more physically active. All members of the Gilruth Center can participate for free by satisfying the following requirements on an annual basis:

- Receive an annual **Fitness Assessment** at the Gilruth Center
- Attend at least two health education seminars
- Actively use the Gilruth Center averaging at least 7 visits/month
- Sign-up and participate in Starport's annual wellness challenge

Fitness Assessments

Assess Your Baseline • Set Goals • Measure Progress
FREE! All members of the Gilruth Center are eligible.

Assessments include:

Body Composition • Cardiorespiratory Fitness
Muscular Strength • Muscular Endurance • Flexibility

You will receive an analysis of your performance, an overall fitness "score", and immediate feedback regarding their results. Additionally, the Starport FitPro will make recommendations based upon your individual results and personal goals.



Enjoy a night out on the town while your kids enjoy a night with Starport! We will entertain your children with a night of games, crafts, a bounce house, pizza, movie, and dessert.

Upcoming Dates: January 17, 2014

Time: 6:00pm-10:00pm

Where: Gilruth Center Gymnasium

Ages: 5-12

Cost: \$20/first child | \$10/add'l child

Register at the Gilruth Center front desk or online by the Wednesday prior to the date of event to ensure your spot and receive discounted price. After Wednesday, January 15 the price will be \$25/first child and \$15/each additional child.

First Tuesday

10% discount in Gift Shops
January 7

JSC Federal Credit Union

B3 and B11 - January 8 - 11am-1:30pm

Sam's Club - B3 and B11

B3 - January 9 - 11am-1pm

Upcoming Rec Classes

Boot Camp

Starport Boot Camps offer fun and exciting co-ed fitness programs for all levels. Get positive, visible results that will motivate you to get fit and stay fit!

Days/Times

Mon, Wed, Fri

6:00 - 7:00am or 5:30-6:30pm

Session Dates

Jan 13 - Feb 21

Price Per Person

Early: \$90 (Dec 16-Jan 3)

Regular: \$110 (After Jan 3)

Run to Excellence

Are you ready to take your training up a notch? The time is NOW for you to accept the fitness challenge and train for a Half Marathon.

Days/Times

Saturdays

6:00-8:00am

Session Dates

January 18, 2014 - April 5, 2014

Price Per Person

Early: \$90 (Dec 23 - Jan 10)

Regular: \$110 (After Jan 10)

MS 150 SPINNING Workshop

Starport offers a special 8-week Training Workshop based on the "periodization" approach to training that will prepare you for the MS 150, multi-day, or long distance event such as a Triathlon or Marathon. Each Spinning® class and Training ride will be taught by certified instructors.

Days/Times

Thursdays

5:30-6:30pm

Sunday Distance Rides: TBD

Session Dates

February 6 - April 3, 2014

(no class March 13)

Price per Person

Early: \$99 (Jan 13 - Jan 24)

Regular: \$110 (After Jan 24)